

Good Morning 288

The Daily Paper of the Submarine Branch
With the co-operation of Office of Admiral (Submarines)

ANSWER'S A LEMON AGREES Capt. Frank H. SHAW BUT FRUIT BUILT EMPIRE



**"JOLLY
ROGER"
IS GOING
STRONG, E.A. P/O
W. COTTRELL**



WITH a supply of lemons promised for this country, attention is naturally directed towards this refreshing fruit, and to its sister-fruit, the lime. It is not too much to say that, but for the yellow and green ovoid citrus the British Empire might never have attained its present dimensions and power.

A sweeping statement? Consider the facts.

The greatest enemy to seafaring mankind has always been the dread scourge of scurvy. Before the age of refrigeration, the only way to preserve food for human consumption during long periods was by salting it or drying it; usually both processes were adopted.

An inordinate consumption of salt deprives the human

body of certain essential vitamins; and, lacking these, the system is open to attack by the germs of the scorbutic plague. Scurvy is—or was—a dreadful affliction; men rotted and died from it; and whole ships' companies perished en masse when their vessels were becalmed for long stretches of time in hot latitudes, though heat alone did not particularly encourage the spread of the disease.

The only known antidote was the acid content of fresh vegetables, or vinegar. Until Drake and other Elizabethan adventurers visited the West Indies and discovered the lemon—or "limmon," as it was then named—while seeking for vegetables, scurvy ruined many expeditions.

It was impossible to handle a sailing ship with a fractional part of what had originally been a strong, skilled crew. Oddly, the strongest and most reliable men were usually the first to succumb to the scourge, as if the germs of disease bated best on their erstwhile healthy bodies.

But Drake discovered the lemon and the lime; and he noticed that the effects of the acid juice on the tortured frames of his men was little short of miraculous. The rot was checked, firm tissue replaced the scrofulous fibres, and the rotting gums were restored. Men resigned to death in a hideous form recovered full vitality.

Naturally enough, word of this panacea quickly went the rounds of the limited waterfronts of that day's world. Vegetables of the ordinary variety could not be carried in sufficient quantity in the small, closely stowed ships of the period, where every inch of stowage was necessary for trade goods, weapons, food and men; and even when attempts were made to ship an abundant supply, the action of close-heat below decks decayed the green-stuff and turned it into a festering mess that disgusted eye and palate.

But lemons could be carried with greater ease. They naturally withered after a time; they shrivelled and lost their virtue;

crossing the Atlantic, lost a high percentage of his crews through scurvy; and the hopelessness engendered by fear of the disease bred mutinous feelings in those who were not affected. Ale and wine were casked and carried in the early ships' lazarettes, in the belief that these liquids were antiscorbutic; but their action was limited, and their presence was an incitement to thirsty men.

Drake would never have negotiated Magellan Straits and sailed the Pacific if his earlier West Indian voyages had not taught him the worth of these citrus fruits. Indeed, the whole adventurous spirit of the British nation might well have atrophied for lack of sea-going stamina.

The length of the voyage was the chief matter of moment when crews were being recruited; few volunteers came forward for what might prove protracted passages—always the dread of scurvy persisted.

But the British rose to the occasion. Although it was not until the end of the eighteenth century that lime-juice became a compulsory issue aboard the Royal Navy's ships, men of vision, like Captain Cook and Bligh of the *Bounty*, realised its value and included it among their stores when victualing for a world-long voyage; and the percentage of sickness among their crews was remarkable.

Merchant shipmasters, too—faring ever farther afield in search of new and profitable markets, acquired the habit, although no compulsion was applied, and as a result they were able to make voyages that staggered foreign competitors. Although a quantity of fresh vegetables were shipped, the moment the last potato was issued, lime-juice became part of the daily ration.

Later on, the issue of this invaluable anti-scorbutic became compulsory in all merchant ships, within ten days of leaving port, if the crew had been required—as was always the case—to subsist on salt provisions. Under the Red Ensign the lime-juice issue became as important—though less ceremonial—as the Navy's noontime grog-issue.

Foreign countries did not adopt the custom. Most rival countries treated their seamen more as beasts than human beings; they were housed like pigs and fed like vultures—on offal and carrion. The ration of water permissible was necessarily small, because of limited stowage space and the fact that the life-giving fluid had to be carried in wooden containers, where it rotted and stank and became undrinkable. But an unvaried diet of salt provisions required a great deal of water to balance it, and as this was not forthcoming, disease germinated and spread.

Consequently, many a widely advertised venture under the Portuguese and Spanish flags came to mishap quite soon, simply because the scurvy-rotted crew could not stay the course.

But the hale and well-cared-for British treated scurvy as if it did not exist at all; and when foreign expeditions turned back to their port of hail, beaten before accomplishment was half-gained, the British vessels sailed proudly on into unknown seas and astounded the civilised world by their new discoveries.

Had Captain James Cook not known the virtue of lime-juice, it is doubtful if he would have been able to explore the great Australian continent in the way

he did. But by dint of using his own sagacity, he did discover and explore more places than one in the distant South Seas, and so added radiant jewels to the Imperial crown.

It is extremely likely that earlier British voyagers than Francis Drake and his immediate disciples discovered the value of an acid fruit juice as a means of maintaining physical health, for though the Cabots explored the Western Atlantic seaboard, and probably found citrus fruits abounding, still earlier navigators had found the way to the Eastern Mediterranean, but never realised the value of Sicilian lemons to adventure and fresh discovery.

It was the British pioneers, returning, who spread the good news; successful shipmasters passed on their information to other men who were chafing at the bit—"Limmons ye must have, master, or lose the big half of your crews!"

No wonder, then, that the British became the foremost seafaring nation, going farther than all others! And without such voyaging the world-wide foundations of the greatest Empire ever known could never have been well and truly laid.

Competing nations were slow to make use of this invaluable aid to health. Indeed, not one actually made the issue of lime-juice compulsory; and Yankee seamen used the word "lime-juicer" almost as a term of derision for many a year. Even to-day, its shortening to "Limey" is still meant to indicate a Briton, a somewhat pampered person, whose health was a matter of first consideration to his employers. But American sailing ships, though fast and furious, seldom made the prolonged journeys accomplished by British ships; and not until steam came to drive sailing ships from the seas did the U.S.A. even dream of extending its sphere of influence.

Steamers, with cold rooms, no longer require lime-juice as a daily issue; but if the crews are required to "go salt" for a stretch of ten days, lime-juice must form part of the dietary. And whenever it is served, old-timers go back in fancy to the days when only this grateful beverage kept honest men alive.



Roger has no use for a sailor-doll; he's got a Wren instead! Your wife, Mary, sends you her fondest love, and hopes you got the Christmas cake all right—and the drawing of the decorated dining-room.

As for Roger—well, you see him admiring your photograph. We bet you admire the three of him you've got on this front page. And W.I.'s well at home. Good Hunting!

but so long as their rinds remained chewable they had a definite medicinal effect.

Just who was the genius to discover that fresh lime-juice, bottled, would keep indefinitely, it is impossible to say; but someone did make that precise discovery, and the real foundations of the British Empire were accordingly laid.

Columbus, in a three-months'

TO-DAY'S LAUGH

A young man looking at Niagara Falls was talking to a friend. "Do you mean to say that all this water is not made use of?"

Friend: "I don't think so."

Young Man: "What a waste of waste."

"How dare you, sir!" said a fat lady standing at his side.

"Do you reckon your father would say anything if I told him we were going to get married?"

"I don't know, but I think he would say something if you told him we weren't."

THINK THESE OVER

The soul of music slumbers in the shell
Till waked and kindled by the master's spell;
And feeling hearts, touch them but rightly, pour
A thousand melodies unheard before.
Samuel Rogers
(1763-1855).

With malice towards none,
with charity for all, with
firmness in the right, as God
gives us to see the right.
Abraham Lincoln.

Truth is justice's hand-
maid, freedom is its child,
peace is its companion,
safety walks in its steps,
victory follows in its train;
it is the brightest emanation
from the Gospel; it is the
attribute of God.
Sydney Smith
(1769-1845).



Your letters are
welcome! Write to
"Good Morning"
c/o Press Division,
Admiralty,
London, S.W.1

QUIZ for today

To-day's Brains Trust

CROSSWORD CORNER

1. An erne is a small water-fall, huntsman's horn, snake, bird, headgear, large jar?
2. Who wrote (a) The Battle of Life, (b) Mrs. Battle's Opinions on Whist?
3. Which of the following is an intruder, and why: Wool, Cotton, Silk, Linen, Jute, Hessian, Sisal, Ramie?
4. What is the speed of a fast billiard ball on the table?
5. What is a half-bishop?
6. What gift is kissing the Blarney Stone supposed to confer?
7. Which of the following are mis-spelt: Egress, Egret, Egregious, Egline, Effigy, Effluvia?
8. Who were Friar Tuck and Little John?
9. What are "angels on horseback"?
10. Why are policemen called Bobbies?
11. For what was Job famous?
12. Name four real or imaginary Peters

Answers to Quiz in No. 287

1. Irish fairy.
2. (a) G. K. Chesterton, (b) John Galsworthy.
3. Barry Lyndon is a Thackeray character; others Dickens.
4. St. Francis of Assisi.
5. John Peel.
6. Sir Isaac Newton.
7. Gambol, Guillotine.
8. Magellan.
9. Countess.
10. Hilton, Handley, Hawhaw, Hitler, Henson, Hogg, etc.
11. At Pisa, Italy.
12. Pepys, Pickwick, Johnson, etc.



UNCOILING THE ROPE.

This maze is intended to be solved by the unaided eye, but a pointer may be used, if desired. You start at the knot in the centre and thread your way out to the other end of the rope (top right). You ought to solve it within three attempts, and if you do it first go, without a pointer, you deserve congratulations.

The solution is easily found by working backwards from the outside inwards.

JANE



A HEADMASTER of a co-educational school, a Psychologist, a Nonconformist Minister, and a Welfare Worker discuss the question:

Does the Brains Trust believe in co-educational schools, or should the sexes be taught separately?

Headmaster: "If one may venture an opinion on the results achieved by a single school, I should say that the co-educational school is the

himself, and yet he does not change it. Of course, what matters is the teacher and the lesson.

"If the lesson is made sufficiently interesting by a teacher who is sufficiently liked, the distractions complained of are not found to assume serious proportions."

Welfare Worker: "Sunday Schools create a rather special problem. To children who have been to ordinary schools all through the week, the Sunday mixed class might well seem a special sort of adventure. I am in favour of co-educational schools, but I think they either ought to be universally adopted or else dropped until universal adoption becomes possible."

Psychologist: "I think the great service performed by co-educational schools is to prepare the minds of young children for adequate and sound instruction in matters of sex."

"The boys and girls cease to regard each other as being different species of animal; they become more like companions together and less like sparring-partners preparing for a tussle."

"From time to time they see

so much of each other's bodies that the sight no longer shocks them, or is unduly exciting. They become open and frank in discussing each other, and the old, Victorian, 'dirty-little-secret' attitude to sex is impossible."

Headmaster: "It is quite true that in the co-educational school you hardly ever come across cases of rude drawings and smutty stories, or anything of that sort, whereas in the old type of school, where the sexes were held apart as holy mysteries to each other, and when to be seen with a member of the opposite sex meant punishment as for a crime, these things were sometimes disgustingly common."

Minister: "Yes, I think—and hope—we shall see more co-educational schools in the future."

"There are plenty of them in America, where their benefits may be seen by anybody, and I think it would be a great calamity if a few old-fashioned persons of influence in this country were allowed to hinder their free development here."

IS Newcombe's Short odd—But True

The longest non-stop run on any railway in the world is from King's Cross to Edinburgh, a distance of 392.7 miles, which is covered in 420 minutes at an average speed of 56.1 m.p.h. The L.N.E.R. also run a train non-stop from King's Cross to York at an average speed of 71.9 m.p.h., and another from King's Cross to Darlington at 70.4 m.p.h.



"Haven't you something with a man under it?"

There is now less flogging at our great schools than formerly, but then less is learned there; so that what the boys get at one end they lose at the other.

Dr. Johnson.

The art of Biography is different from Geography. Geography is about maps, But Biography is about chaps.

E. C. Bentley.

Send your— Stories, Jokes and ideas to the Editor

WANGLING WORDS—243

1. Put scorch in LAUM to make a tree.
2. Rearrange the letters of LILS RACE to make a county town.
3. Altering one letter at a time, and making a new word with each alteration, change: PONY into TRAP, MARK into CAIN, CAT into APE, MAIN into MAST.
4. Add the same letter three times to MBBNG to make a word.

Answers to Wangling Words—No. 242

1. CHANDILLER.
2. DEUTERONOMY.
3. SHARP, SHARK, SHANK, STANK, STINK, SLINK, BLINK, BLANK, BLAND, BRAND, GRAND, GRANT, GRUNT, BRUNT, BLUNT, GOAT, GOAD, LOAD, LORD, LARD, LAID, SAID, SKID, SKIN.
4. SHOE, SLOE, SLOT, SOOT, LOOT, LOST, LAST, LASH, LATH, LATE, LACE, SEEK, MEEK, MEET, BEET, BEST, LEST, LOST.
4. CAUTIONED, AUCTIONED.

CLUES ACROSS.

- 2 Nurse.
- 9 Apart.
- 11 Girl's name.
- 13 Settle for sleep.
- 14 Tendon.
- 15 Promontory.
- 17 Pluck.
- 18 Day before.
- 19 Child.
- 21 Scottish river.
- 22 Therefore.
- 24 On top of.
- 26 Mixed lots.
- 29 Fish.
- 30 Clean by friction.
- 33 Fish.
- 34 Towards the stern.
- 36 Once more.
- 38 Excessive.
- 40 Arrow.
- 41 Mounts high.

JALAP HARDY
CANOE CORE
SOUND BIPIT
URGE OLOEN
ENHANCE SKY
D LOCAL O
ESK TUTOR
TUBER PILE
FADED DENAL
IRON FEAST
TESTY GREEN

CLUES DOWN.

- 1 Branch of drama.
- 2 Cask-makers.
- 3 Leg-wear.
- 4 Newt.
- 5 Pronoun.
- 6 Sea-going vessel.
- 7 Devon lace town.
- 8 Dry.
- 10 Bread.
- 12 Disavow.
- 16 Pep.
- 19 Rushing stream.
- 20 Barrow.
- 23 Obtained.
- 25 Fondle.
- 26 Tapestry.
- 27 Part of boat.
- 28 Building spots.
- 31 How nasty!
- 32 Beat.
- 34 Girl's name.
- 35 Sable.
- 37 Supposing.
- 39 Short number.

Under old English laws, vagrancy was brutally punished. A vagabond on conviction was branded with a "V" and sent into slavery for two years by an ordinance of 1547, while whipping, setting in the stocks, and mutilating the ears were other penalties. The present Vagrant Act was passed in 1824. To-day the lack of fixed abode and a sum of less than 1s. 6d. on a person constitute vagrancy.

Nihilists were members of a secret political organisation recruited from all classes of society, and they formed a powerful obstruc-

tive force to autocracy. They have been regarded as the moving spirits in many of the conspiracies and assassinations once so frequent in Russia. How far the Nihilists were responsible for the assassination of Czar Alexander II in 1881 and of the Grand Duke Sergius will probably never be known. Since the Russian Revolution of 1917, little or nothing has been heard of the Nihilists.

Nonage is a ninth part of a deceased person's movable goods which at one time could be claimed by the clergy for devotion to pious purposes.

ROUND THE WORLD

with our
Roving Cameraman



CLEOPATRA BUILT IT.

She was great on style, was Cleopatra. This temple to Hathor, goddess of ancient Egypt, although built in the first century B.C., when Cleo was on the throne, is still, after 2,000 years, in an almost perfect state of preservation. Look at these majestic columns of the Great Vestibule with their symmetry and hieroglyphics, and then try to visualise the Queen and Antony moving in stately procession through that doorway! Not even age can take away the solemnity of that pile.

BEELZEBUB JONES



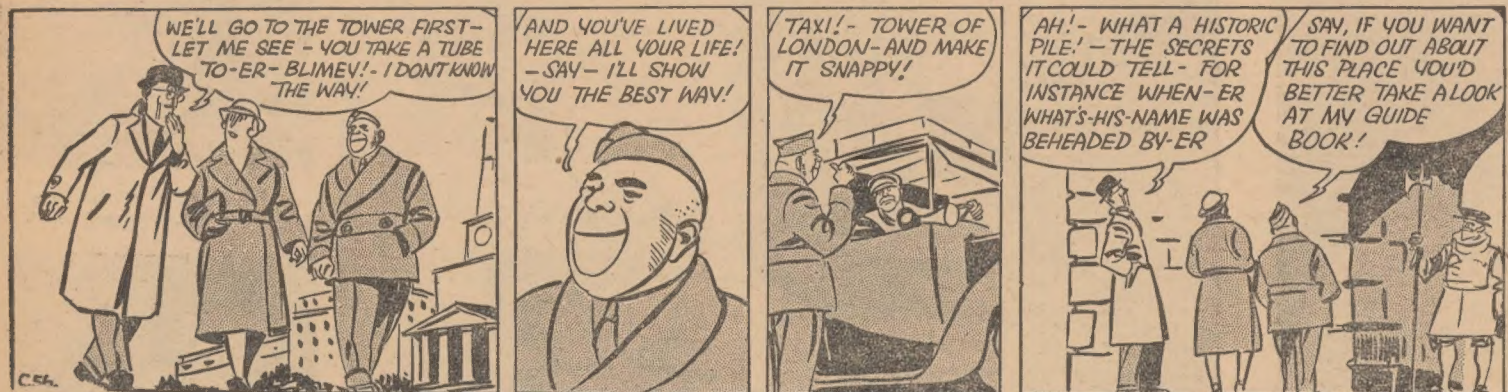
BELINDA



POPEYE



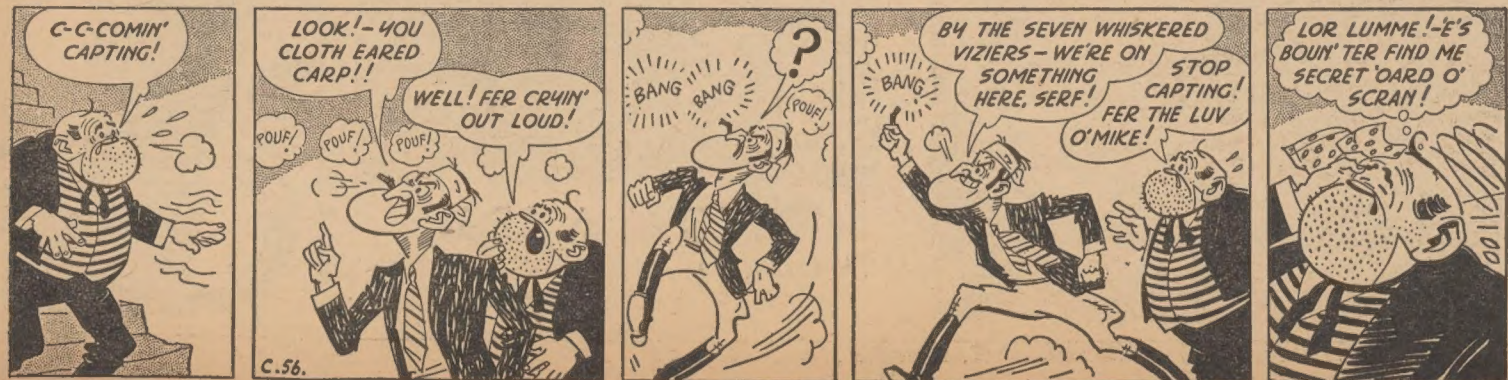
RUGGLES



GARTH



JUST JAKE



STILL being told at the depot is the story of "Unrivalled's" incredible Italian adventure, in which she brought back to Malta an Italian convoy. Here is the story, told by her skipper, Lieut. H. B. Turner:—

"When hostilities with Italy ceased, I made contact with the Italian authorities in that port and demanded that all available shipping should sail for Allied harbours.

"We stalked and boarded a trawler, and I put one of my officers on board to take a message to the senior naval officer in Bari. Hostages from the trawler were retained, as we were taking no risks.

"An Italian admiral came on board the submarine. He was extremely distressed at the plight of his country, but genuinely pleased that the war with Britain, which he had never wanted, was ended.

"Following a talk, eight merchant ships were assembled in convoy and set out, escorted by the 'Unrivalled.' Four days later we led the eight ships into Malta."



ALSO adding strength to the "Unrivalled" claim is this story, which I take from records:—

"It was the 'Unrivalled' which added a chapter to the annals of lost treasure by sinking a merchant ship carrying pay to an enemy mine-sweeping flotilla.

"Somewhere at the bottom of the sea among the Lipari Islands lie Italian lire amounting to some £18,000," said Lieut. C. H. Hammer. "There were two ships flying the Italian ensign, and we boarded them and took four prisoners before we sank them.

"It was only afterwards that we learned that we had sent £18,000 to the bottom of the sea."

Pity they can't play football. Remember "Unruffled's" 5-0 cup-final victory?

CLERK to one of the "bosses" in a naval construction works, Mrs. Moyra Henretty fell in love with a submarine man who visited the plant.

The lucky submariner was A.B. John Henretty, better known as Jock.

Jock went to look the plant over. His eyes strayed from submarine engines to the boss's clerk—and lingered there.

"I can't tell you exactly how we fell in love," Mrs. Henretty says. "Jock smiled at me, I smiled back at him, and—well, there you are."

Happy days, Mr. and Mrs. Henretty. If you're still there when I get around your way, I hope you'll show me how it's done.

THE name of the British submarine which before the Allied invasion of North Africa, secretly landed General Mark Clark and United States Army staff officers at a lonely point of the Algerian coast, where they met pro-Allied French leaders, and later re-embarked them, was "Seraph."

Home for re-fit after carrying out many secret enterprises during thirteen months of varied activity in the Mediterranean.

On all these special occasions the "Seraph" has been commanded by Lt. N. L. A. Jewell, of Pinner, Middlesex.

We Pinner people get around, don't we?

Ron Richards

Good Morning

★ HEALTH AND BEAUTY

And this is Paramount star Barbara Britton, displaying it. ★



"Maybe I do feel a bit glum this morning; but please don't look down on me like that—it only makes matters worse."



Let me see, what is daddy's phone number?



H-m-m—A B C, 1 2 3 4.



Now, WHICH end do I listen-in at?



Must be busy with his secretary.



Looks as though he's having coffee with her.



Oh . . . hello, Daddy. Buntie here. . . How are you?



This England

An old-world street in Thaxted, Essex. Wonder if there IS an old-world place without a "Rose and Crown."



THE BIRD MAN

One of those bird-lovers who somehow draw even the most timid birds to themselves.



SHOW A LEG

"But, for goodness' sake, show one of your own, Baby."

OUR CAT SIGNS OFF

"Some 'hang-over'."

